WAGAN®

Item No. : 9732

Pivot Stepper™

User's Manual

Please visit our website for the latest information on this product.

Thank you for purchasing Wagan®'s Pivot Stepper fitness equipment! This user manual contains instructions on how to properly operate and care for your new Pivot Stepper. If you have any questions with regards to the assembly or operation of this product, please call us at 1-800-231-5806 or email us at customerservice@wagan.com.

Please take note that any specifications, diagrams and/or functions described in this instruction manual may have changed since its printing, and we will not be able to provide separate notice of any changes and/or improvements made to the product.

Note: It is important to adhere strictly to the instructions that are outlined in this manual for correct operation and maintenance of the equipment. We will not be held liable for any bodily injury or property damage resulting from misuse of the equipment.

SPECIFICATIONS

- LCD meter operates on 1 AAA battery (included)
- Assembled size (inches): 17(W) x 21(L) x 43(H)
- Weight: 21 lbs

ACCESSORIES (FOR ASSEMBLY)

- Wrench (1x)
- Allen wrench (1x)

WARNINGS

1. Ensure all caps and screws are securely fastened prior to each use.
2. Ensure the manufacturer included all parts before assembly.
3. DO NOT USE the device if any damage is found. Immediately contact the manufacturer.
4. Please check with your doctor prior to using this device. Start all workout routines gradually and slowly.
5. Ensure your clothes fit properly while using this device. Loose or poor fitting clothing can cause a dangerous condition by becoming entangled in the equipment's moving parts.
6. If you feel any pain, dizziness, nausea, motion sickness, or any discomfort, discontinue use of the device immediately and seek medical attention.
7. This device is designed to accommodate only one (1) person at a time.
8. This equipment is not intended for use by small children. Please keep it out of their reach at all times.
9. This device is meant to be used indoors and on a flat, level surface only.
10. Ensure this equipment is placed on a dry, firm, and flat surface with ample space for maneuvering.
11. The maximum user weight on this device is 220 lbs.

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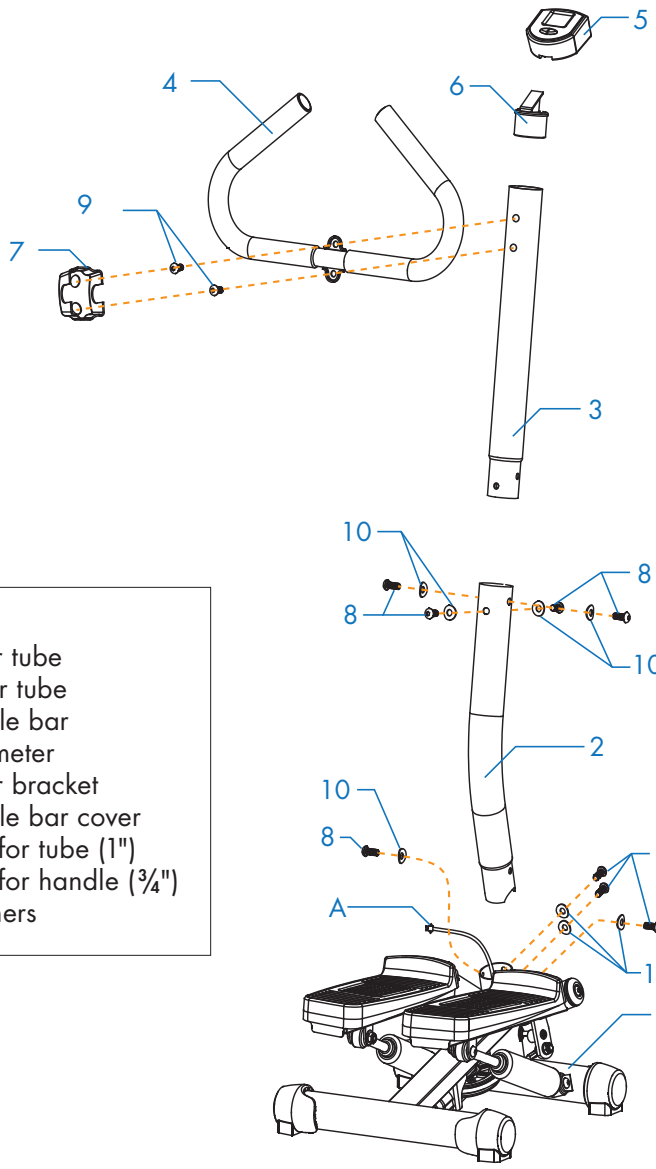
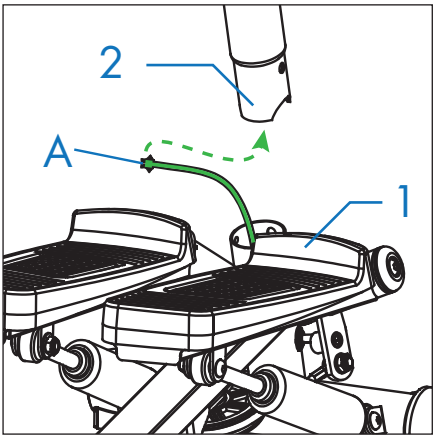
PARTS DIAGRAM

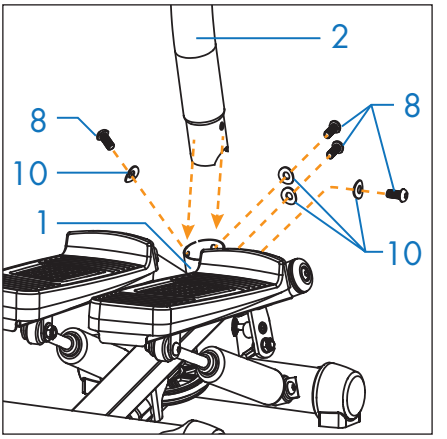


1. Base
2. Lower tube
3. Upper tube
4. Handle bar
5. LCD meter
6. Meter bracket
7. Handle bar cover
8. Bolts for tube (1")
9. Bolts for handle (¾")
10. Washers

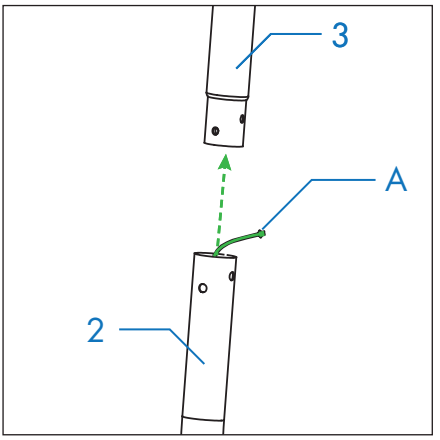
ASSEMBLY



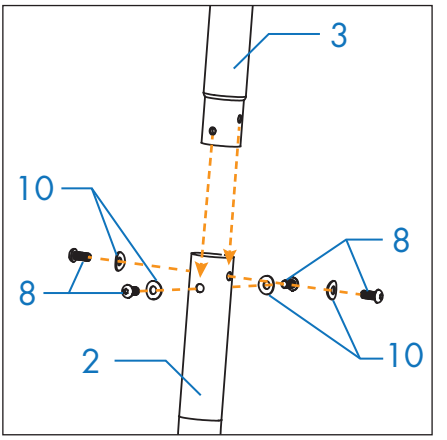
1. Run the Power Cable (A) connected to the Base (1) through the Lower Tube (2).



2. Connect the Lower Tube (2) to the Base (1) with the supplied Bolts for Tube (8) and Washers (10).



3. Run the Power Cable (A) through the Upper Tube (3).



4. Connect the Upper Tube (3) to the Lower Tube (2) with the supplied Bolts for Tube (8) and Washers (10).

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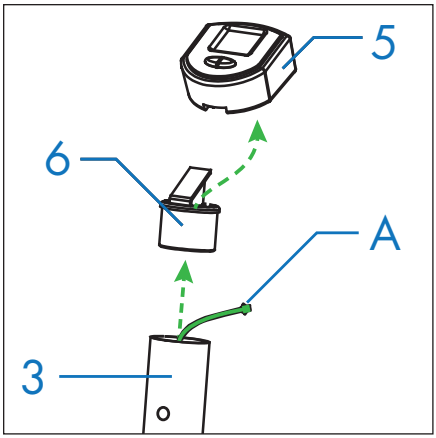
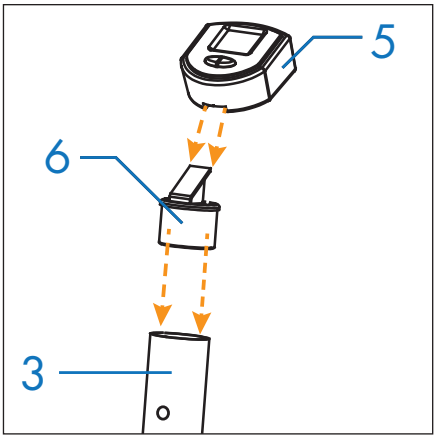
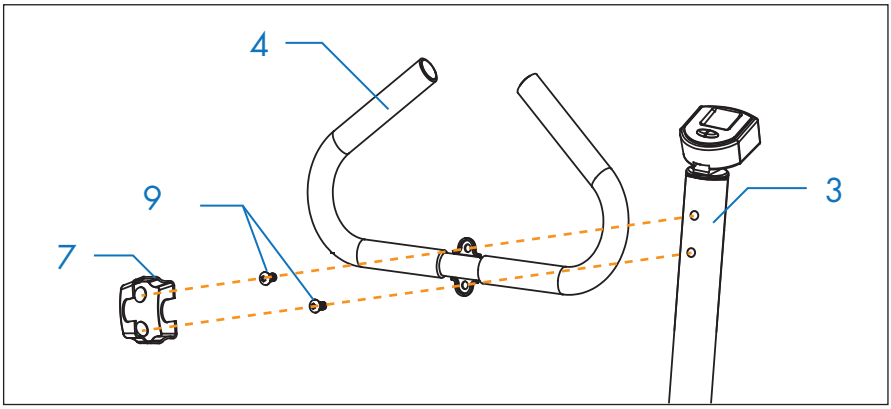


5. Run the Power Cable (A) through the Meter Bracket (6) and connect it to the underside of the LCD Meter (5).



6. Cap the Meter Bracket (6) onto the top of the Upper Tube (3) then slide the LCD Meter (5) onto the bracket from the back to the front.



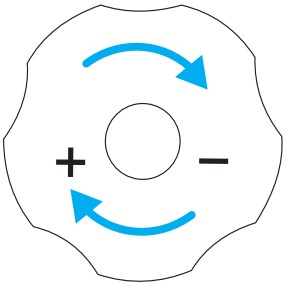
7. Connect the Handle Bar (4) to the Upper Tube (3) with the supplied Bolts for Handle (9).

8. Snap the Handle Bar Cover (7) onto the Handle Bar (4) where the Bolts for Handle (9) were inserted. Bolts will show through the holes in the Handle Bar Cover (7).

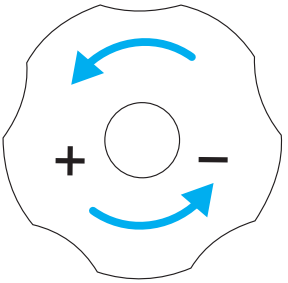
HEIGHT ADJUSTMENT KNOB

1. Locate the height adjustment knob underneath the base of the equipment.

2. Turn the knob slowly in clockwise direction. Make sure the steel cable is set in the groove of wheel.



Turning the knob **CLOCKWISE** increases the step height. If the height adjustment knob is tightened as far as possible, the pedals will provide the largest stepping range available.



Turning the knob **COUNTER-CLOCKWISE** to decrease the step height. If the height adjustment knob is loosened so that it is barely screwed in, the pedals will provide the smallest stepping range for your workout.

3. One of the pedals will be automatically lifted up as the height adjustment knob is tightened. *Hint: Lift up one of the stepper pedals manually before tightening the height adjustment knob.*
4. Once the height adjustment knob has been properly adjusted, test out the stepper by stepping on each pedal in an alternating fashion.
5. Adjust the height adjustment knob according to how high you would prefer the steps to be.

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MAINTENANCE

- Inspect the Pivot Stepper at regular intervals to check to see whether there are loose joints and/or parts that have been damaged or worn.
- Store the Pivot Stepper in a cool and dry environment.
- Don't clean the surface of the Pivot Stepper with organic solvents (i.e. gasoline, benzene, etc.) or its surfaces may become damaged.
- Inspect the unit thoroughly before beginning exercise on it. Make sure that there are no issues with the equipment such as loose joints, loose hydraulic parts, or wobbling pedals.
- This product is designed only for use by individuals with a weight not exceeding 220 lbs.

USING THE PIVOT STEPPER

We recommend that you utilize your Pivot Stepper on a daily basis, for half an hour at a time. We believe you will feel its marvelous cardio-training effects after one month of use. The Pivot Stepper is excellent whether used at home or in the office. For example, even exercising during a break at work would produce great results. Rather than feeling fatigued or exhausted, you will feel refreshed and energized with the Pivot Stepper!

- Persons with hypertension, obesity, and heart disease should not perform strenuous exercise using the Pivot Stepper.
- We do not recommend that you exercise when feeling fatigue or ill.
- We suggest that you keep a healthy daily diet; it is strongly encouraged that you consume sufficient amounts of nutrients in each category of the food pyramid that is outlined on the U.S. Department of Agriculture's website.
- Perform some warm-up exercises prior to your exercise routine to decrease the risk of injury. For example, stretch your arms, legs, and back.
- Pacing yourself is extremely important. Exercise on the Pivot Stepper should be done in a regular, smooth fashion; sudden bursts of speed are not recommended because they may increase the risk of physical injury.

MULTI FUNCTION WORKOUT TRACKER

COUNT	Steps accumulated since start of exercise (always visible)
STRIDES/ MIN	Repetitions per minute (estimated)
SCAN	Cycles between: STRIDES/MIN > TIME > CAL
TIME	Workout duration (Time lapse)
CAL	Calories burned (estimated)

HOW TO OPERATE THE DIGITAL TRACKER

Start	Start exercising by stepping on the pedals. The power for the display will automatically turn on and the counter will start tracking your workout.
Function selection	Tap the MODE button until the function you would like to have displayed is selected.
Scan	When the display is set on the SCAN function, the workout tracker will be changed every 5 seconds to display TIME > CAL > STRIDES/MIN, then back to TIME again, and so on.
Stop	There is no power-off button. Simply stop stepping. The display will automatically turn off after several minutes (~4 minutes) of inactivity.
Resume	If you have stepped away momentarily and would like to resume your workout session, DO NOT PRESS ANY BUTTONS. Start stepping again and the display will automatically come on if it has turned off while you were away. The tracker will pick up where you left off and continue counting. If you do not want to continue the last workout session, you will need to reset the tracker.
Reset	Hold the RESET button for 3–4 seconds to have all function values reset to zero.

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BATTERY

The battery will need to be replaced when an incorrect display appears on the LCD meter. Removing the battery will reset the tracking for all functions.

1. Remove the battery cover on the back of the LCD Meter (5).
2. Replace the battery with the same type. Ensure that the battery is correctly positioned and proper contact is made with terminals.
3. Replace the battery cover and check the display. If there is an improper display on the meter, remove and re-install the battery again.

WAGAN Corp. Limited Warranty

The WAGAN Corporation warranty is limited to products sold only in the United States.

Warranty Duration:

Product is warranted to the original purchaser for a period of one (1) year from the original purchase date, to be free of defects in material and workmanship. WAGAN Corporation disclaims any liability for consequential damages. In no event will WAGAN Corporation be responsible for any amount of damages beyond the amount paid for the product at retail.

Warranty Performance:

During the warranty period, a product with a defect will be replaced with a comparable model when the product is returned to WAGAN Corporation with an original store receipt. WAGAN Corporation will, at its discretion, replace or repair the defective part. The replacement product will be warranted for the balance of the original warranty period. This warranty does not extend to any units which have been used in violation of written instructions furnished.

Warranty Disclaimers:

This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including,but not limited to negligence, gross negligence, strict liability, breach of warranty, and breach of contract.

Returns:

WAGAN Corporation is not responsible for any item(s) returned without an official Return Authorization number (RA#). Please contact our customer service team by phone or email to obtain an RA#. You can also visit our website and chat with our team during our normal business hours. For more details and instructions on how to process a warranty claim, please read the "Returns" section under the "Contact" page on our website. WAGAN Corporation is not responsible for any shipping charges incurred in returning the item(s) back to the company for repair or replacement.

Register your product online at http://tinyurl.com/wagan-registration to be added to our email list. You will receive previews on our upcoming products, promotions, and events.

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